

# Adults 60+ *Recreation and Services Guide*

**Fall 2018**



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## **Recreation and Parks Mission Statement**

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

## **Stay Informed**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
Email: [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)  
240-314-8800

 [Facebook.com/rockvilleseniors/](https://www.facebook.com/rockvilleseniors/)

 [Twitter.com/rockvillerec](https://twitter.com/rockvillerec)

 [Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

## **Prices Key:**

Prices are listed as

**Senior Center Member/  
Non-Member**

# Welcome

## Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

## Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

## Bus Transportation/Lunch Reservations

240-314-8810

## Center Membership Fees

\$40/year: Rockville residents

\$135/year: nonresidents; \$65 spouse

## Fitness Center Membership Fees

\$90/year (must be a Senior Center member)



Bridget Donnell Newton, Mayor  
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,  
Julie Palakovich Carr, Mark Pierzchala

Robert DiSpirito, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Chris Henry, Deputy Director of Recreation and Parks  
Andy Lett, Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Attention!

The pricing for all programs have changed to two fees; member or non-member. Current memberships for the fall season are eligible for online registration on July 31. The word "eligible" will appear under the member's name.

## BUILDING CLOSED

**September 3**

**November 12, 22, 23**

**December 25**

## Reminder for this Winter

When MCPS are cancelled, all programs are cancelled at the center. When MCPS are delayed 2 hrs., all morning programs are cancelled, along with lunch and 9 am bus pick up at the center.

## Registration Dates

**(M): Senior Center Member** registration begins **Tuesday, July 31**. **Senior Center members receive a discount on programs.**

**(NM): Nonmember** registration begins **Thursday, August 2**.

## Any Questions?

EMAIL US AT  
[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.



## Footnotes:



Whether it's learning new ways to cook for one, the opportunity to play an instrument or participate in one of the new classes such as "Ethics" or "Footnotes" in History" there is plenty to keep you active and learning this Fall!

Perhaps you'd prefer a guided stroll at the Croydon Creek Nature Center, join the Book Club, learn a language, engage in a scientific discussion or enroll in artistic offerings in watercolor, drawing, and jewelry making. Each program provides a chance to enrich our lives and promote lifetime skills.

### Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability. **Members and City of Rockville Residents are Free.**

#### October Birthday

Entertainment by: Winfield Parker

Sponsored by: Diana Alt, Comfort Home Care, Annie & Lewis Rhodes, Joan Schneider-Wilson & Jim Wilson

5981 W 10/3 1:30-3 PM Free/\$7  
Carnation Room

#### November Birthday

Entertainment by: Vintage Entertainment "Country Roads"

Sponsored by: This could be you!

5982 W 11/7 1:30-3 PM Free/\$7  
Carnation Room

#### December Birthday

Entertainment by: Holly Jolly Holidays by the Carnation Players

Sponsored by: Essex Bank and Arden Courts of Potomac

5983 W 12/5 1:30-3 PM Free/\$7  
Carnation Room

### Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

5977 Th 9/27, 10/25, 11/29 10 AM-12 PM Free/\$5  
Board Room

### NEW! Bridge- An Introduction to the Game

This short introductory class is designed for those who have no knowledge of the game of bridge.

The session will cover the concepts of trick taking, a trump suit, and binding. Completion of this class is required to continue on to Beginner Bridge.

6093 Tu 9/25 & 10/2 1-3 PM \$24/\$30

### NEW! Bridge - Beginner

Fun and instructive class for those who would like to learn the game of bridge. Classes start with a lesson and finish with supervised play. Topics include the 2 over 1 bidding system and the play of cards while learning the basics and foundations of the game. Completion of Introduction to Bridge or equivalent required.

6095 Tu 10/9-11/20 1-3 PM \$76/\$96  
Lounge

## Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community.

**5976** Tu 9/25-11/27 3-4 PM Free  
Carnation Room

## NEW! Drawing

Using photographs participants will draw luminous and impressive compositions of landscapes, still life and animals. Drawing techniques such as using graphite shavings are among the methods taught. \$8 material fee due to instructor at first class.

**6081** Tu, Th 12/4-12/13 10 AM-12 PM \$40/\$50  
Blossom Room

## NEW! Ecuadorian Rainforests & Galapagos Islands

Rick Hildenbrand's latest adventure took place over the summer. We've traveled the world with him and you'll enjoy this discussion and pictures of the Ecuadorian Rainforests and Galapagos Islands on his newest Power Point presentation. We love to travel with Rick - no jet lag!!

**6087** Th 10/25 10:30 AM-12 PM \$2/\$4  
Azalea Room

## NEW! Ethics

Shades of gray can be found in all facets of life. Perspectives on right and wrong, just and unjust, tradition and new knowledge play a role in nearly every decision we make. This six-week course examines a variety of ways ethics impacts us. Join educator Marvin Adams for lively discussions on topics such as social media - your rights vs company rights, prescription prices - what's a fair profit and more.

**6077** W 10/3-11/7 10:30 AM-12 PM \$40/\$50  
Blossom Room

## NEW! English Class

Classes include speaking, pronunciation, listening and reading for seniors whose first language is not English. **Returning students** register for the class recommended by your teacher. **New student** placement is determined by assessment on 9/10, 9/11, 9/12 9:30 A.M. and 9/13 at 1 P.M.

### English A- English Basics

**7126** M, W 9/10-11/14 10 AM-12 PM \$20/\$27  
Azalea Room

### English 1 Beginner

**6969** M, W 9/10-11/14 10 AM-12 PM \$20/\$27  
Azalea Room

### English 2 High Beginner

**6970** Tu, Th 9/11-11/15 10 AM-12 PM \$20/\$27  
Arts & Crafts Room

### English 3 Intermediate

**6971** Tu, Th 9/11-11/15 10 AM-12 PM \$20/\$27  
Card Room

### English 4 Advanced

**6972** M, W 9/10-11/14 10 AM-12 PM \$20/\$27  
Arts & Crafts Room

## English Conversation Classes

Practice speaking and listening more confidently about day-to-day topics.

**6973** Tu 9/18-11/13 1-2:30 PM \$14/\$18  
Arts & Crafts Room



# Arts & Enrichment

## NEW! Footnotes in American History

Some people get just a sentence or two in the history books. This will give us a chance to find out more about these famous Americans with college professor Joan Adams.

### Continental Congress

Who were some of the members of this colonial group and what did they do? Local members include Maryland-Tilghman and Thomas Johnson, Virginia- Peyton Randolph and Richard Henry Lee, Pennsylvania-Joseph and John Dickerson.

6200 M 9/17 10:15-11:15 AM \$7/\$9

### Colleges and Founders Part I & II

This program focuses on the founding and the reasons for the opening of these institutions. First Harvard, founded in 1636 by John Harvard and Yale founded in 1701 by Elihu Yale and many others.

6201 M 10/15 10:15-11:15 AM \$7/\$9

7148 M 10/29 10:15-11:15 AM \$7/\$9

### Articles of Confederation Part I & II

This is a chance to glimpse into the lives of the signers from several states.

6203 M 11/5 10:15-11:15 AM \$7/\$9

7150 M 11/19 10:15-11:15 AM \$7/\$9

### A Lighter Look Part I & II

December will be a departure from our Footnotes as we take a lighter look at some of the interesting and strange holidays (real and not) in December. Our first class will include Odd Ball Holidays and one that was created just for TV. The second class will have a discussion of why there are "12 Days of Christmas" and what is the real significance of this song.

6204 M 12/3 10:15-11:15 AM \$7/\$9

7152 M 12/10 10:15-11:15 AM \$7/\$9

Card Room

## NEW! Kimono Dressing Demonstration

Kuniko Kanawa will share the art of kimono dressing, demonstrating casual kimonos as well as tying various Obi bows. Enjoy watching how a plain long Obi sash can be tied into remarkably many different kinds of refined bows. Models will be chosen from the audience to highlight the experience of the beautiful, stylish kimonos.

6088 Tu 8/21 1-2:30 PM \$5/\$8

Azalea Room

## NEW! Genealogy

### Beginning

Genealogy is one of the most popular hobbies in the United States today. Learn the genealogical research process, how to record and evaluate information and cite sources used, and then how to get started with researching your family and where to do your research. Lorraine Minor of the Montgomery County Historical Society will conduct this power point presentation.

6206 M 10/22 10:15 AM-12:15 PM \$6/\$8  
Azalea Room

### Internet

Resources on the internet can greatly enhance the efforts of those researching their family histories. Lorraine Minor of the Montgomery County Historical Society will show us how to use the most popular internet sites, how to find other valuable sites and how to evaluate the information found.

6207 Th 11/8 10:15-11:30 AM \$6/\$8  
Azalea Room

## NEW! Handbells

### Beginner and Continuing

This is a fun course using color-coded lightweight hand bells and requires no previous musical knowledge. Each student will get to use one or two bells each session and the group together will play both folk songs and some classical music. There is no practicing required. Songs may include "Ode to Joy", "Joy to the World", "Jingle Bells" among others. As the class progresses, we may play chords using multiple bells together as a group. The idea is to have fun and produce recognizable music. At the end of the session, we will give a short performance at the center. There is a \$10 material fee due to instructor at the first class.

6168 Tu 9/25-11/13 2-2:50 PM \$20/\$25  
Board Room





## NEW! It's A Gem

Create your own unique jewelry with select semi-precious stones and beads from around the world. The instructor has the tools and supplies to make your project. Hand-crafted jewelry makes a lovely birthday gift, or keep them yourself. A supply fee of \$15 is due to the instructor at each class.

### Beginner-Earrings

This basic bead class is for those interested in trying a jewelry class for the first time or for those who would like to create a beautiful pair of earrings. Make for yourself or give as a gift. You'll impress all your family and friends.

6083 M 11/5 10:30 AM-12:30 PM \$10/\$16

### Advanced-Bracelet

This jewelry making class is geared towards the experienced student. You must have completed at least one of the "It's a Gem" classes. This beautiful bead project is a bracelet. Make for yourself or give as a gift. You'll love the finished product!

6082 M 9/24 10:30 AM-12:30 PM \$10/\$16  
Blossom Room

## NEW! Jazz With Jesse - Great American Songbook

Jesse Etelson will continue his series of sax and clarinet solos on your requests from the Great American Songbook and others of your favorites.

6078 W 10/10 1-2 PM \$2/\$4  
Azalea Room

## NEW! John Philip Sousa - The Man & His Music

Dwane Starlin is an actor-performer who specializes in historical characterization, as well as a musician and professional tour guide. He will portray John Philip Sousa, who ranks among the most significant people in American music. Along with such luminaries as Irving Berlin, Duke Ellington and Richard Rodgers, Sousa's contributions are unparalleled. His works include Stars & Stripes Forever (1887). Having written and conducted his music to millions of people throughout the globe, he was the original 'rock star.'

5980 F 9/21 1-2 PM \$6/\$10  
Azalea Room

## Music Enrichment with Irv

Irv Chamberlain is head-over-heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists, as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers.

## NEW! Gift of the Gershwins

The brothers Gershwin, geniuses who combined their talents in classical, jazz and popular music set a standard for the American music industry. Poignant themes such as "Rhapsody in Blue" and "Summertime" will be presented by Nat King Cole, Ella, Jolson, Sinatra, Crosby and many others.

6076 M 9/24 1-2:30 PM \$7/\$12  
Azalea Room

## NEW! Music Theory

Grasp the concepts needed to read, write, and comprehend music. Whether you're a student of music or just a music lover, this four week class will help you with playing instruments, singing, or just enjoying the music you love.

7079 W 9/26-10/17 1:30-2:20 PM \$20/\$25  
Board

## NEW! Painting On Glass

Select from many designs of the season. After painting your project, you will take them home on the same day to bake. No painting experience is required. Note: \$15 material fee payable to the instructor at each class.

### Candy Dish

Get ready for Halloween creating a candy dish that will be the perfect accent for visiting ghosts and goblins. You paint the design of your choice and take the dish home to bake. The only requirement is to come have fun.

6953 Th 10/4 10:30 AM-12:30 PM \$12/\$15

### Holiday Style

The December holidays are the perfect time to make a cookie/cake plate. Keep your new creation or give to your family or friends as a gift.

6954 Th 11/1 10:30 AM-12:30 PM \$12/\$15  
Arts & Crafts Room

# Arts & Enrichment



## **NEW! Personal Safety and Self Defense**

Learn valuable safety information and self defense tips from the Rockville City Police. This practical class will provide some insights into helping you be better aware of your surroundings and taking care of yourself.

**7134** M 11/26 10 AM-12 PM Free  
Azalea Room

## **Piano Lessons**

Learn fundamentals of rhythm, theory and note reading in a small class environment. Pianos are available for each person. \$8.00 material fee if new book is needed.

### **Beginner Continuing**

This class is for those students who have taken at least one series of piano with instructor Laurie Borman. The class covers keyboard, rhythms and techniques. Limited to five students to allow for individual instruction.

**6183** Tu 9/25-11/13 10:30-11:20 AM \$93/\$116

### **Advanced Continuing**

Class is designed for those who read both musical clefs, play two hands simultaneously and understand theory. Prerequisite: students who have taken a continuing class at the Senior Center or meet the listed requirements.

**6186** Tu 9/25-11/13 11:30 AM-12:20 PM \$93/\$116  
Board Room

## **Piecemakers' Club**

Come join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project.

**6132** M 9/17-11/5 12:45-2:45 PM \$9/\$12  
Arts & Crafts Room

## **Science Tuesdays**

An engaging monthly presentation and conversation with a scientist. Each meeting focuses on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

**7040** Tu 10/9-12/11 1-2 PM Free  
Azalea Room

## **NEW! Pleasure of Cooking for One**

In this demonstration cooking class, Chef Sheila Crye will show how to cook for yourself and avoid wasting the leftovers. The remains are ingredients for a second, third and even fourth round of meals. Sample what Sheila prepares and take home copies of the recipes so you can master them yourself.

**6173** Tu 10/2 1-3 PM \$35/\$44  
Kitchen

## **Spanish for 60+**

If you've never studied Spanish before or are just brushing up, this series of fun, flexible, easy to follow classes is designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

### **Continuing**

**7038** M, W 10/1-10/31 1-2:30 PM \$55/\$70

### **Beginners**

**7033** Tu, Th 10/2-11/1 12:30-2 PM \$55/\$70  
Blossom Room/Delgado-Alba

## **NEW! Seasons Greetings From Scrooge**

Join us for a special performance by local actor, Dwane Starlin as he embodies the life and spirit of the great author and story teller, Charles Dickens. Drawing from Dickens' great and popular work, "A Christmas Carol," Mr. Starlin has crafted a unique one-man show that tells the often repeated story of this literary master.

**5979** Th 12/6 1-2 PM \$6/\$10  
Azalea Room



## Ukulele

The ukulele is an instrument rich with history and tradition. First appearing in Hawaii in the 1800s, the “uke” has found a unique home for itself in both traditional and popular music. Classes are limited in size to allow individual instruction. Ukulele rentals are available through The School of Music for \$30 per semester. Call 240-314-8820 to arrange for your ukulele.

### Beginner

Designed for those who took the spring 2018 course at the Center or those with limited experience. The class starts with a review of the chords, strumming and builds on those skills. Class is limited in size to allow individual instruction.

**6949** W 9/26-11/14 12:30-1:20 PM \$93/\$116  
Board Room

## Wine and Cheese Open House

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810. A \$3 donation is recommended at the event for the Program Assistance Fund. Register for transportation and event by Sept. 18

**7071** Tu 9/25 5:30-7 PM  
Carnation Room

## NEW! Woodworking Porch Planter Stand

Create a holiday woodworking project in this two-day class with Peter McNally, an instructor from Montgomery College. Take this opportunity to use the wood shop equipment to create a gift worth giving. The supply list will be sent to all participants.

**6084** Tu, Th 12/4 & 12/6 10 AM-12:30 PM \$15/\$20  
Woodshop

**BUILDING CLOSED**  
**September 3**  
**November 12, 22, 23**  
**December 25**



## Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

### Beginner

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your own unique style. A supply list will be available at Senior Center information desk.

**5984** Tu 9/11-11/13 10 AM-12 PM \$90/\$113  
Blossom Room/Val Fry

### Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

**5985** Tu 9/11-11/13 1-3 PM \$90/\$113

**5987** Th 9/13-11/15 1-3 PM \$90/\$113  
Blossom Room/Val Fry

### Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

**5986** Th 9/13-11/15 10 AM-12 PM \$90/\$113  
Card Room/Val Fry

## TRIP REGISTRATION: IN-PERSON LOTTERY

**Thursday, August 16, 10:30 a.m.**

Senior Center members. Numbers distributed random order, 10:15 a.m.

**Friday, August 17**

Nonmembers. Registrations accepted at Senior Center only.  
Individuals may register for themselves and one other person.

### NEW! Bloomery Sweetshine Distillery

Oh what fun we will have on a visit to a distillery in Charles Town, WV. The Bloomery Distillery crafts home grown, natural fruit cordials. Savor great spirits in their casual relaxed tasting room. Experience inventive cordials and cocktails in a historic 1840's log cabin. Flavors include lemoncello, chocolate raspberry, and peach shine. We will Enjoy a box lunch when we arrive. Remember to bring your photo ID. Trip includes charter bus transportation, leadership, box lunch and tasting.

**7125** Th 9/13 10 AM-3 PM \$54/\$62  
Glenview Mansion Lower Parking lot

### NEW! Rainbow Comedy Playhouse

"Love, Lies and The Lottery" is the newest comedy to see! This show is about one winning ticket, five people who think they own it, and the darn things' gone missing or has it? You're a winner if you have a ticket to travel with us! Rainbow, located in Paradise, PA will be our destination. Trip includes charter bus transportation, buffet lunch, show and leadership.

**5978** Th 9/27 8:30 AM-6:30 PM \$96/\$110  
Glenview Mansion Lower Parking lot

### NEW! Fall In The Country

Fall is the perfect time for us to travel out into the country. Located a few miles west of Gettysburg, Hickory Bridge Farm is our host for a delicious family style meal. A quick visit to their General Store and Antique Farm Museum follows. Then we're off to the Catocin Mountain Orchard to purchase their fall bounty before heading home. A perfect day for enjoying early fall foliage in the Maryland and Pennsylvania countryside. Trip includes lunch, leadership, and charter bus transportation.

**7127** Th 10/11 10:30 AM- 3:45 PM \$60/\$70  
Glenview Mansion Lower Parking lot

### NEW! Mystery Trip

Be surprised on this fall adventure which begins and ends in Rockville. That's the only thing you will know about this mysterious outing. The trip includes the three L's, learning, laughter and lunch. Fee includes charter bus transportation, leadership and the day's activities.

**6948** W 10/31 9 AM- 3:30 PM \$65/\$75  
Glenview Mansion Lower Parking lot

### NEW! The First Noel

The American Music Theatre will showcase beautiful snowscapes, cherished stories, the spirit of love and all your favorite things about the holiday season onstage in this glorious celebration of timeless holiday classics. This all new holiday show will get you in the spirit of the season. We will have a family style lunch at Hershey Farm Restaurant prior to the show. Trip includes charter bus transportation, leadership, lunch and show.

**6198** F 11/30 8:45 AM-7:45 PM \$100/\$115  
Glenview Mansion Lower Parking lot



When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay. Call 240-314-8800 for more information.

## Want to be in the know?

Register your phone or email for updates on weather, cancellations and alerts in the city.

Visit <http://rockvillemd.gov/alerts>

### NEW! PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required.

6134	F	9/7	10 AM-12 PM	\$15/\$25
6133	Th	10/4	10 AM-12 PM	\$15/\$25
6135	Th	11/1	10 AM-12 PM	\$15/\$25
Comp. Lab/Hickman				

### NEW! Windows 10 Desktop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

6174	Tu, Th	10/9-10/11	10 AM-12 PM	\$27/\$34
6175	Tu, Th	11/13-11/15	10 AM-12 PM	\$27/\$34
Comp. Lab/Hickman				

### NEW! File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile.

6167	Th	10/11	1-3 PM	\$7/\$13
Comp. Lab/Martin				

### NEW! Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. Examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well known charity, learn the signs of deception.

6195	W	10/10	1-3 PM	\$7/\$13
6196	Tu	11/27	1-3 PM	\$7/\$13
Comp. Lab/Hickman				

### (B) Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut.

6157	Th	9/27	1-3 PM	\$5/\$7
6157	Th	10/25	1-3 PM	\$5/\$9
Comp. Lab/Martin				

### (B) Email Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

6161	Tu	9/25	1-3 PM	\$5/\$9
6162	Th	10/18	1-3 PM	\$5/\$9
6163	Tu	11/13	1-3 PM	\$5/\$9
Comp. Lab/Martin				

### (B) Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

6127	M, W	9/24-9/26	10 AM-12 PM	\$15/\$25
6129	M, W	10/15-10/17	1-3 PM	\$15/\$25
6128	M, W	11/19-11/21	10 AM-12 PM	\$15/\$25
Comp. Lab/Hickman				

### (B) Using Right Click - Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents.

6164	Tu	9/18	1-3 PM	\$7/\$13
6165	Th	10/4	1-3 PM	\$7/\$13
6166	Th	11/15	1-3 PM	\$7/\$13
Comp. Lab/Martin				



## (B) Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

6136	W	9/5	10 AM-12 PM	\$15/\$25
6137	M	10/1	10 AM-12 PM	\$15/\$25
6138	Tu	11/6	10 AM-12 PM	\$15/\$25

Comp. Lab/Hickman

## NEW! PC Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

5629	Th	9/13	10 AM-12 PM	\$7/\$13
6147	Tu	10/2	1-3 PM	\$7/\$13
6148	Th	11/8	1-3 PM	\$7/\$13

Comp. Lab/Hickman

## (BI) PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

6139	W	9/5	1-3 PM	\$7/\$13
6141	Tu	10/30	10 AM-12 PM	\$7/\$13
7114	F	11/16	10 Am-12 PM	\$7/\$13

Comp. Lab/Hickman



## (I) Computer Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems.

6130	Tu, Th	9/18-9/20	10 AM-12 PM	\$15/\$25
6131	M, W	11/5-11/7	1-3 PM	\$15/\$25

Comp. Lab/Hickman

## (I) Laptops - Windows 8

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft, and other important features of Windows 8.

6170	M, W	9/10-9/12	1-3 PM	\$15/\$25
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Comp. Lab/Hickman

## (I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class.

6176	Tu, Th	9/25-9/27	10 AM-12 PM	\$7/\$13
6177	Tu	10/16-10/23	1-3 PM	\$7/\$13
6178	M, W	11/12-11/14	1-3 PM	\$7/\$13

Comp. Lab/Hickman

## (I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version).

6191	M, W	10/8-10/17	10 AM-12 PM	\$27/\$34
6192	M, W	11/19-11/28	1-3 PM	\$27/\$34

Comp. Lab/Hickman

## (I) Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks.

6194	M, W	10/22-10/31	10 AM-12 PM	\$27/\$34
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Comp. Lab/Hickman

## (I) Microsoft Word

Learn to line up text, collate a list and make documents look professional.

6185 Tu, Th 9/4-9/11 10 AM-12 PM \$27/\$34

6188 M, W 11/5-11/12 10 AM-12 PM \$27/\$34

Comp. Lab/Hickman

## (I) Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup.

6149 M 9/10 10 AM-12 PM \$9/\$13

6150 M 10/8 1-3 PM \$9/\$13

Comp. Lab/Hickman

## (I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

6171 M, W 9/17-9/19 1-3 PM \$27/\$34

6172 M, W 11/26-11/28 10 AM-12 PM \$27/\$34

Comp. Lab/Hickman

## Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more.

## TABLET BASICS

6179 Tu, Th 9/11-9/13 1-3 PM \$15/\$25

6180 M, W 10/29-10/31 1-3 PM \$15/\$25

Comp. Lab/Hickman

## PHONE BASICS

6181 M, W 9/24-9/26 1-3 PM \$15/\$25

6182 M, W 10/22-10/24 1-3 PM \$15/\$25

6184 Tu, Th 11/27-11/29 10 AM-12 PM \$15/\$25

Comp. Lab/Hickman

## Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

6154 Tu 10/2 10 AM-12 PM \$7/\$13

6155 Tu 11/6 1-3 PM \$7/\$13

Comp. Lab/Hickman

## Fun with Pictures

6158 Th 9/20 1-3 PM \$5/\$9

7115 W 10/3 1-3 PM \$5/\$9

Comp. Lab/Martin

## Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures.

6189 M, W 9/12-9/19 10 AM-12 PM \$27/\$34

6190 Tu, Th 10/16-10/23 10 AM-12 PM \$27/\$34

Comp. Lab/Hickman

## Pictures to PC

Learn how to copy pictures to your computer, make separate folders for all your groups of pictures, and email them to family and friends. Bring your charger and cord to class.

## Phone Pictures

6152 M 10/1 1-3 PM \$7/\$13

6153 Th 11/8 10 AM-12 PM \$7/\$13

Comp. Lab/Hickman

## Tablet Pictures

6151 Tu 10/9 1-3 PM \$7/\$13

Comp. Lab/Hickman

## (I) Laptops - Windows 7

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft and other important features of Windows 7.

6169 Tu, Th 9/4-9/6 1-3 PM \$15/\$25

Comp. Lab/Hickman



## Walk, Ride, or Glide to Fitness

### 8 WEEK FITNESS CHALLENGE

The Center for Disease Control and Prevention recommends 150 minutes of moderate aerobic activity weekly for older adults. You can accomplish this goal with an eight-week fitness challenge, beginning September 24 and concluding November 17.

Prizes will be awarded for the three senior center members who exercise the greatest number of minutes during the challenge.

There will be a mandatory organizational meeting at the Senior Center on September 5 at 10 a.m. for all participants to receive the fitness challenge packet and to review the program's guidelines. Registration is required for this free program. Registration closes September 17. Register with course #7116 at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

This program is for Fitness members and cardio classes - All Zumba classes, Aerobic Workout, Easy Feet, and Belly Dance.

#### Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid-and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat.

**6024** Tu 9/11-11/6 5-5:45 PM \$45/\$56

#### Mini Session

**6098** Tu 11/27-12/1 5-5:45 PM \$18/\$22

Exercise Room

#### Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

**6043** Tu, Th 9/11-11/8 11 AM-12 PM \$58/\$72

**6009** W 9/12-11/14 2:15-3:15 PM \$35/\$44

#### Mini Session

**6121** Tu, Th 11/27-12/13 11 AM-12 PM \$28/\$35

Exercise Room/Klopper



### Staff Spotlight: Joy Murorunkwere

Joy started working at the Rockville Senior Center in 2005 and joined as a member in 2013. Joy works at the snack bar in the morning providing various breakfast assortments from 9 a.m.-11 a.m. and assists during lunch at noon. She is an active member at the center and you can see her crocheting with the Helping Hands Knitting Club, acting in the Carnation Players, and participating in many exercise classes. Joy greets everyone with a smile and always tries to make you laugh. She is a valuable member to our team!





## Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

**6051** Tu, Th 9/11-11/8 3:15-4:15 PM \$75/\$94

### Mini Session

**7052** Tu, Th 11/27-12/13 3:15-4:15 PM \$30/\$38  
Exercise Room/Ford

## Annual Turkey Trot

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our Senior Assistance Fund. Rain or shine.

**6963** Th 11/15 10-11:30 AM Free  
Exercise Room

**BUILDING CLOSED**  
**September 3**  
**November 12, 22, 23**  
**December 25**

## NEW! Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression.

**6044** Tu, Th 9/11-11/8 1-2 PM \$57/\$72

**6010** F 9/14-11/9 1:15-2:15 PM \$35/\$44

### Mini Session

**6117** Tu, Th 11/27-12/13 1-2 PM \$23/\$28

**6108** F 11/30-12/14 1:15-2:15 PM \$18/\$22

Exercise Room/Owen

## Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life.

**6017** W 9/12-11/14 12:10-12:50 PM \$35/\$44

### Mini Session

**6096** W 11/28-12/12 12:10-12:50 PM \$15/\$19

Exercise Room

## Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

**6011** F 9/14-11/9 10-10:45 AM \$35/\$44

### Mini Session

**6091** F 11/30-12/14 10-10:45 AM \$25/\$31

Blossom Room/Ford



# Fitness and Sports

## Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for adults 60+. This class includes work on the mat.

6022 F 9/14-11/9 9-9:45 AM \$45/\$56

### Mini Session

6113 F 11/30-12/14 9-9:45 AM \$20/\$25  
TFCC/Ramsey

## NEW! Drums Alive

Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance. This class is adaptable to most fitness levels.

6021 M 9/17-11/19 2-2:45 PM \$40/\$50  
Exercise Room/Delgado-Alba

## Caribbean Dance

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to live music.

6023 M 9/17-11/19 11 AM-12 PM \$45/\$56

### Mini Session

7050 M 11/26-12/10 11 AM-12 PM \$18/\$22  
Carnation Room/Delgado-Alba

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation.

6037 M, W 9/12-11/19 11 AM-12 PM \$50/\$62

### Mini Session

6112 M, W 11/26-12/12 11 AM-12 PM \$20/\$25  
Exercise Room/Ramsey



## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength.

6038 F 9/14-11/9 11:15 AM-12 PM \$50/\$62

6039 F 9/14-11/9 12:15-1 PM \$50/\$62

### Mini Session

6100 F 11/30-12/14 11:15 AM-12 PM \$20/\$25

6107 F 11/30-12/14 12:15-1 PM \$20/\$25

Blossom Room/Helfer

## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners.

6012 F 9/14-11/9 11:15 AM-12 PM \$35/\$44

### Mini Session

6101 F 11/30-12/14 11:15 AM-12 PM \$15/\$19

Exercise Room/Finn

## Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. An appointment is required for this service. Please stop at the front desk to register. Must be a Fitness Center member.

1450 M-F 8:30-6 p.m. \$15



## Easy Zumba Bilingual

Esta clase inspirada en musica latina, es apropiada para principiantes. 'Easy Zumba' esta dispeñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English.

6013 F 9/14-11/9 10:45-11:35 AM \$35/\$44

### Mini Session

6102 F 11/30-12/14 10:45-11:35 AM \$15/\$18  
TCRC/Serrano-Gonzalez

## Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Wednesday class will be held in the Carnation room. Appropriate for beginners.

6040 M, W 9/12-11/19 10-10:50 AM \$50/\$62

### Mini Session

6118 M, W 11/26-12/12 10-10:50 AM \$20/\$25  
Exercise Room/Serrano-Gonzalez



## Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

6014 M 9/17-11/19 12:10-12:50 PM \$35/\$44

6049 Tu, Th 9/11-11/8 10-10:50 AM \$65/\$81

### Mini Session

6122 Tu, Th 11/27-12/13 10-10:50 AM \$25/\$31  
Exercise Room/Finn

## Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels.

6025 Sa 9/15-11/10 10-11 AM \$48/\$60

### Mini Session

6109 Sa 12/1-12/15 10-11 AM \$18/\$22  
Exercise Room/Owen

## Hot Zumba Moves

Increase your energy with exciting dance moves. This class is taught using percussion instruments along with Latin-based music. Have a total body workout and reduce stress levels while having fun dancing. Appropriate for active participants who can walk and turn with ease.

6026 Tu 9/11-11/6 2:15-3 PM \$48/\$60  
Exercise Room/Serrano-Gonzalez

## Questions about your workout?

## Ask the trainer!



Call for a free 15-minute  
appointment or stop by the  
Rockville Senior Center  
Fitness Room desk.

**240-314-8813**  
(Fitness Center members only.)



# Fitness and Sports

## On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved.

6027 W 9/12-11/14 1:15-2 PM \$48/\$60

6028 F 9/14-11/9 12:15-1 PM \$48/\$60

### Mini Session

6110 W 11/28-12/12 1:15-2 PM \$18/\$22

6111 F 11/30-12/14 12:15-1 PM \$18/\$22

Exercise Room/Finn

## Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners.

6045 Th 9/13-11/8 11-11:45 AM \$58/\$72

### Mini Session

6119 Th 11/29-12/13 11-11:45 AM \$20/\$25

Lounge/Finn

## Pilates — Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

6046 Th 9/13-11/8 2:15-3 PM \$58/\$72

Exercise Room/Klopper

## Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Must be a Senior Center fitness member.

6053 M-F Ongoing 8 AM-6 PM \$299

Fitness Room

## Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Must be a Senior Center fitness member.

6054 M-F Ongoing 8 AM-6 PM \$299

Fitness Room

## Soul Line Dance

This dance-based fitness class is appropriate for people of all fitness levels who like to shake their groove thing. Similar to its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that's repeated facing all four walls. Learn to two step, shuffle and wobble, among others.

6041 Tu, Th 9/11-11/8 6:30-7:30 PM \$50/\$62

Exercise Room/Hailey

## Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga sticky mat. This class includes work on the mat.

6019 Sa 9/15-11/10 11:15 AM-12 PM \$40/\$50

### Mini Session

6114 Sa 12/1-12/15 11:15 AM-12 PM \$18/\$22

Exercise Room/Owen

## Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class includes work on the mat.

6050 Tu, Th 9/11-11/8 9-9:45 AM \$65/\$81

### Mini Session

6123 Tu, Th 11/27-12/13 9-9:45 AM \$25/\$31

Exercise Room/Ramsey

## Sunrise Yoga

Start your day energized and ready to go. This outdoor yoga class begins with a warm-up and ends with a relaxation period. Perfect for the early morning exerciser. Please bring a yoga sticky mat. Class will be moved indoors during inclement weather.

**6034** W 9/12-11/14 7:30-8:15 AM \$48/\$60  
Outdoors/Ford

## T'ai Chi Ch'uan -Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only.

**6005** Tu, Th 9/11-11/20 10-10:50 AM \$8  
Carnation Room

## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes work on the mat.

**6029** M 9/17-11/19 9-9:45 AM \$48/\$60

**6030** F 9/14-11/9 9-9:45 AM \$48/\$60

### Mini Session

**6115** M 11/26-12/10 9-9:45 AM \$20/\$25

**6116** F 11/30-12/14 9-9:45 AM \$20/\$25

Exercise Room/Klopfer

## Triple Challenge

This great class addresses the three major components of exercise; cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

**6031** W 9/12-11/14 5-6 PM \$48/\$60

### Mini Session

**6106** W 11/28-12/12 5-6 PM \$18/\$22

Exercise Room/Biedscheid

## Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow, flowing patterns. Bring a yoga sticky mat. This class includes work done on the mat.

**6032** M 9/17-11/19 11:15 AM-12 PM \$48/\$60

### Mini Session

**6105** M 11/26-12/10 11:15 AM-12 PM \$18/\$22

Lounge/Owen

## Walking Series-Great Falls, MD

Enjoy the outdoors and increase your fitness levels with this seasonal event as we walk the trails of Great Falls, MD. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch.

**6006** Tu 9/4 10 AM-2:30 PM \$10/\$12

Great Falls/Klopfer

## Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

**6008** Tu, Th 9/11-11/8 12:15-12:45 PM \$28/\$35

### Mini Session

**6097** Tu, Th 11/27-12/13 12:15-12:45 PM \$15/\$19

Exercise Room/Owen



## ROCKVILLE SENIOR FITNESS CENTER

*It's the best time to be 60+ in Rockville!*

7 a.m.-8 p.m., Monday-Thursday • 7 a.m.-7 p.m., Friday • 7 a.m.-4 p.m., Saturday

**Fitness Center Membership Fees**  
\$90/year (Must be a Senior Center member)

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
**240-314-8800**

### Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat.

6015 M 9/17-11/19 1-1:45 PM \$35/\$44

#### Mini Session

6104 M 11/26-12/10 1-1:45 PM \$18/\$22  
Exercise Room/Serrano-Gonzalez

### Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

6042 W 9/12-11/14 8:45-9:30 AM \$55/\$69

#### Mini Session

6124 W 11/28-12/12 8:45-9:30 AM \$25/\$31  
Exercise Room/Ford



### Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

6033 M 9/17-11/19 6:30-7:30 PM \$48/\$60

6035 W 9/12-11/14 6:30-7:30 PM \$48/\$60

#### Mini Session

6120 M 11/26-12/10 6:30-7:30 PM \$20/\$25  
Exercise Room/Osei

### Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat.

6052 W,F 9/12-11/14 (W)9:50-10:50 AM \$95/\$119  
(F)10-11 AM

#### Mini Session

6125 W,F 11/28-12/14 (W)9:50-10:50 AM \$35/\$44  
(F)10-11 AM

Exercise Room/Figure

## Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72).

Reservations required: 240-314-8810.



## Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

**One: One Hour Session: \$49**

**Two: One Hour Sessions: \$95**

**Three: One Hour Sessions: \$135**

**Six: One Hour Sessions: \$250**

**Ten: One Hour Sessions: \$395**

Fitness Room

## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout.

6018 M 9/17-11/19 5-6 PM \$40/\$50

### Mini Session

6103 M 11/26-12/10 5-6 PM \$18/\$22

Exercise Room/Ford

## Zumba Toning Workout

Add some oomph to your workout with the Zumba fitness toning sticks. While using 1 lb. Zumba sticks, you can easily train certain muscles to work a little harder to the rhythm of the music. This great combination of strength training and cardio offers a total body workout.

6020 F 9/14-11/9 2:30-3:15 PM \$40/\$50

Exercise Room/Ford



## Sports - Instructional

### Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

6036 M 10/1-11/5 1-2 PM \$30/\$38  
Game Room

### Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

6047 W 10/3-11/7 1-2 PM \$30/\$38  
Game Room

### Table Tennis - Advanced

This class is for players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

6048 F 10/5-11/9 1-2 PM \$30/\$38  
Game Room

## Wii Bowling

Join this fun group of seniors and bowl indoors on Friday mornings at the Senior Center - all through the game system, Wii. A light-weight remote is the key to this fun interactive game. Participants must be current Senior Center members to participate.

6000 F 9/14-11/9 10 AM-12 PM Free  
Azalea Room

## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must fill out a registration packet and hand it to the instructor when you arrive. Note: First Wednesday of every month class is held at Lincoln Park Community Center.

M & W 1:30-2:15 PM & 2:20-3:05 PM Free

# Fitness and Sports

## Fitness Club

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

### Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

### Exercise Machine Training-Plus

For those who want more than the required basic training program, this training is led by one of our certified personal trainers. Receive a basic exercise plan designed specifically for you at the end of your session. Appointments can be made at the front desk. \$40.

## Sports Leagues

### Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Rockville Senior Center front desk. For Senior Center members only.

**6001** Tu, Th 9/11-11/30 10-11 AM Free  
Bocce Court

### Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents.

**7031** W, F 9/12-12/21 8:45-9:45 AM Free  
TCRC Gymnasium

## Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.- 5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.- 2:45 p.m., Saturday. Practice games, clinics and instruction are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For Senior Center members only. Interested members must register for this drop in activity

**6002** M-Sa See Schedule Above Free  
Game Room

### Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents.

**7039** W, F 9/12-12/21 10-11 AM Free  
TCRC Gymnasium

### ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court. Play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

**6007** M 9/17-10/22 3:15-4:30 PM \$15/\$18  
Exercise Room

### Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

**7006** Th 9/13-12/20 1-3 PM Free  
Al Jaques

## Have Questions?

Call 240-314-8800 or email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

**Saturday, Dec. 8**  
**9 a.m.-2 p.m.**

Handmade Crafts • Book Sale • Raffle • Bake Sale

Plant Sale • Gift Shop and Thrift Shop Open.

Lunch is available for purchase.

240-314-8800

Directions: 240-314-5019

### Senior Swim

Senior swim classes are held at the Swim and Fitness Center located at 355 Martins Ln, Rockville, MD 20850

### Senior Aquacize — Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced.

6227 W 9/5-12/19 11:05-11:50 AM \$36/\$45  
North Pool Section 3

6222 F 9/7-12/21 11:05-11:50 AM \$34/\$42  
North Pool Section 3

6221 M 9/10-12/17 11:05-11:50 AM \$34/\$42  
North Pool Section 3

**Worried about the weather?**

Call 240-314-8800 for updated  
openings and closings.

### Senior Aquacize — Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

6228 W 9/5-12/19 10:10-10:55 AM \$36/\$45  
North Pool Section 3

6224 F 9/7-12/21 10:10-10:55 AM \$34/\$42  
North Pool Section 3

6223 M 9/10-12/17 10:10-10:55 AM \$34/\$42  
North Pool Section 3

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

6226 Tu 9/4-12/18 2:05-2:50 PM \$36/\$45  
South Pool

6220 Th 9/6-12/20 2:05-2:50 PM \$34/\$42  
South Pool

### Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

6229 W 9/5-12/19 2:35-3:20 PM \$36/\$45  
North Pool Section 2

6225 M 9/10-12/17 2:35-3:20 PM \$34/\$42  
North Pool Section 2

**BUILDING CLOSED**

**September 3**

**November 12, 22, 23**

**December 25**



## Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: [www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)

## Ask the Wellness Coach!

*Let our coach check your body composition and help monitor your blood pressure.*

Ask questions about nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Rockville Senior Fitness Room desk.

(Fitness Center members only.)  
**240-314-8813**



## Bladder, Bladder What's the Matter?

Incontinence and bladder problems are not necessarily part of the aging process and can be controlled. Dr. Kathleen Sterling, Urologist, will discuss the causes and treatment of overactive bladder in men and women.

**6205** Th 10/25 1-2 PM Free  
Azalea Room

## EFT Tapping

Do you ever experience stress or stress related issues like anxiety, worry, anger, sadness, fears, insomnia and physical pains? Can you imagine having the ability to relieve and/or eliminate your own physical and emotional stress related issues quickly and effectively? There IS a way! Join Bev Nerenberg for a workshop on Emotional Freedom Techniques (EFT Tapping) to learn this scientifically proven self-administered healing technique. Tapping is based on modern psychology and 5000 year old acupuncture, but without needles!

**6209** Tu 10/9 1-2 PM Free  
Azalea Room



## Healthy Eating During the Holidays

Are you interested in learning how to optimize your day-to-day food choices that will impact your overall health? A registered dietitian will discuss the basics of meal planning, what to look for on food labels and diet modifications that will help you look and feel your best through the holiday season!

**6956** Th 11/15 1-2 PM Free  
Azalea Room

## Self Help with Jin Shin Jyutsu

Jin Shin Jyutsu is an ancient healing art that helps balance the body's energy and promotes optimum health and healing. Simple self-help will be taught for daily maintenance and to help you with issues such as stress, tiredness/insomnia, preventing colds, headaches, stomach aches, pain, breathing problems, and much more! You can learn to help yourself and share with others! Betty Figlure, BA, MSC, LMT, certified yoga instructor and JSJ practitioner for 35 years will lead the discussion and hands on sessions! New and continuing students are welcome!

**6957** Tu 10/30-11/13 1-2:30 PM \$30/\$40  
Azalea Room

## Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

**6197** M 9/17-11/19 1-2 PM \$30/\$40  
Board Room

**Aging Information,  
Services and Support for  
Seniors and families may  
be obtained by  
calling the Center  
240-314-8810.**

Now Senior Support Services  
are extended beyond the  
Rockville Senior Center!

Meet with our outreach  
workers at:

**Twinbrook Community Center**  
(240-314-8830)  
on Fridays  
10:30 a.m.-12:30 p.m.

## Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Únase con nosotros el cuarto jueves de cada mes de 10:30 a.m.-11:30 a.m. para un grupo de apoyo interactivo. Este grupo presenta actividades divertidas mientras que revisamos temas importantes para adultos mayores. Aquí están las próximas fechas y temas para los grupos:

9/20/18: La salud mental (Mental health)

10/25/18: La comunicación (Communication)

11/15/18: La gratitud (Gratitude)

# Support Resources

## Basics of Personal Investing

Learn about the basic investing process and options. Find out the new regulations governing brokers/advisors, how to choose a broker, and how to measure performance.

6965 Tu 9/18 1-2:30 PM Free  
Azalea Room

## Estate Planning and Elder Law Essentials

Join lead attorney Stephen Elville of Elville and Associates for a discussion about Estate Planning and Elder Law — will and trusts, powers of attorney, advance medical directives, planning for incapacity, asset protection, the importance of keeping your plan up-to-date, and much more. Bring your questions you've been wanting to ask!

6085 W 10/24 1-2:30 PM Free  
Azalea Room

## Financial Basics

Join us in an interactive four-week investment education class hosted by financial advisor Mark Corbett, with Edward Jones Investments. Topics will include: how to develop a sound investing strategy; how to identify and avoid the most common investment mistakes; basics of stocks - including types, characteristics, investing in and how to create reliable income streams; basics of mutual funds - features, benefits, risks and types; tax-free investing strategies and understanding managed investment accounts.

6977 W 10/3-10/24 1-3 PM Free

## LGBTQ and Aging World

Come together and share stories of real LGBT older adults and how their lives have intersected with changes in how society thinks about and treats LGBT people in the world today.

6975 Th 11/1 10-11:30 AM Free  
Azalea Room

**BUILDING CLOSED**

**September 3  
November 12, 22, 23  
December 25**

## Making Sense of Living Wills and Other Advance Directives

Have questions about advance directives? What happens when there is no advance directive? And want to know what a Medical Orders for Life-Sustaining Treatment (MOLST) decision and forms are and how they will affect you? This order form makes your treatment wishes known to health care professionals. Paul Ballard, Assistant Attorney General will discuss these topics and address questions and concerns.

6979 Th 9/27 10 AM-12 PM Free

## Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets 1st and 3rd Monday of the month. Bring a bag lunch and meet people! Must call Pamela Mills for preregistration screening at 240-499-9024.

7032 M 10/1-12/17 12-1 PM Free

## Social Media and their Apps

Everyone's talking about social media like Facebook, Twitter, Instagram, What's App and Snapchat. Join us for an introduction to social media and an overview of how these forums and others are used.

6978 Tu 9/25 10-11:30 AM Free

## Tips from TAD on a Smooth Move

Did you have a "house warming party" when you moved in? Well, perhaps it is time to have a "house cooling party" for your move out! TAD Relocation can provide helpful tips for the emotional and logistical side of your move when preparing for a home that best supports your lifestyle. From the "5 places your things can go", to "what to do with unwanted stuff", this kick-start discussion will provide the basic tools to get started!

6964 Tu 10/9 10-11:30 AM Free  
Azalea Room



## Transportation 101

How do I install Uber or Lyft? What is the difference? Do you know about Go Go Grandparent? If you do not have a smart phone try this! Kathleen M. McGuinness CHME, will share the answer to these questions, in hopes to get you out of the house more safely.

6980 W 9/12 10 AM-11:30 PM Free  
Azalea Room

## Your Local AARP Chapter

Come and learn about the local Montgomery / County, Maryland Chapter of AARP. We have several goals dedicated to service, advocacy and socialization. We volunteer, make friends, travel and have fun.

6086 Tu 10/23 10-11 AM Free  
Azalea Room

## Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

### Contact:

Martha McClelland; 240-314-8816,  
or Miriam Minera; 240-314-8817.

## Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Citizenship
- Language classes

# Support Resources

## Positive Aging Project

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

## Nutrition & Mental Health

Healthy eating makes a difference as we age. It can affect our health, encourage a sense of well-being, and improve how we feel. This group addresses ways we can eat a healthy and balanced diet, why it's important, and the nutrients that become even more essential as we age.

6959 Tu 10/30 1-2:30 PM Free  
Azalea Room

## Point of Origin

We each have a unique story and origin that many people have no idea about. Does your story begin outside of the United States? Are you interested in hearing the stories of those who have immigrated to the United States at various points in their lives? Leaving a country and being immersed into a new country's culture and current events is a very dynamic and personal experience. Share and learn from each other's journeys. (2nd and 4th Thursdays)

6961 Th 10/11-12/13 1-2:30 PM Free  
Azalea Room

## Reminiscing- Traveling Back In Time

The 1940's, 1950's, 1960's: What were you doing? What songs were you singing? Which TV shows did you watch? We all reminisce at one time or another. Tap into your nostalgic memories from times past as we travel back in time to a different year each week. (1st and 3rd Tuesdays)

6960 Tu 10/2-12/18 1-2:30 PM Free  
Azalea Room

## Women Living Alone Workshop

How to Live Alone and Not Be Lonely: A long standing open enrollment support group at RSC in which members support each other through listening as well as through offering tips, suggestions and advice for a variety of issues. (1st and 3rd Thursdays)

6202 Th 10/4-12/20 1-2:30 PM Free  
Health Room

## Self-Advocacy

Effective self-advocacy matters because you are the only one who can live your life. Nobody can know what you truly need without your input. Advocating for yourself is essential in health care decisions, end-of-life care, and interpersonal relationships, but it does not mean that you stand alone in the process. Your voice can and should be heard. This is an opportunity to learn skills that will empower you to effectively self-advocate in any setting. (2nd and 4th Tuesday of the month)

6966 Tu 10/9-12/11 1-2:30 PM Free

## Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

### Monday to Friday:

Pickup (for those who call in advance schedule): Approx. 9 a.m. and approx. 11 a.m.

**Take home times:** Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.



## **What are villages?**

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

## **What do village networks do?**

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

## **For more information:**

Contact Trish Evans, village facilitator,

City of Rockville 240-314-8807 or [pevans@rockvillemd.gov](mailto:pevans@rockvillemd.gov).

[www.rockvillemd.gov/rockvilllevillages](http://www.rockvillemd.gov/rockvilllevillages)

[www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html)

## **Developing Villages in Rockville**

### **Twinbrook Village**

Contact: [Twinbrookvillage@gmail.com](mailto:Twinbrookvillage@gmail.com)  
and [communitywildlifehabitat@gmail.com](mailto:communitywildlifehabitat@gmail.com)

### **King Farm Neighbors Village**

Contact: [kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)  
301-799-8104

### **FELD Village (West End)**

Contact: [nonny62@verizon.net](mailto:nonny62@verizon.net)

### **Pump House (East Rockville) Village**

Contact: [pumphousevillage@gmail.com](mailto:pumphousevillage@gmail.com)



# General Information

## Registration Begins:

- Member registration begins Tuesday, July 31 and
- Nonmember registration begins Thursday, Aug. 2.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

## Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

## Most convenient method. 7 days a week.

### 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

### 2. Fax to:

- Rockville Senior Center: 240-314-8809

### 3. Mail to:

- Rockville Senior Center  
1150 Carnation Drive 20850

### 4. Walk-In:

- The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

## Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)

### Online Donation Course #s

\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

# Registration Form

\*Required Info | Info Requerida

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

Main Line | Línea principal: 240-314-8800 • [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter) • Fax: 240-314-8809

Rockville Senior Center • 1150 Carnation Dr., Rockville, MD 20850

# Senior Center Happenings:

## **ALL-DAY EXERCISE**

**Thursday Aug. 30 10 a.m.-2 p.m.**

Would you like to try a new exercise class to help spice up your fitness routine? Preview many classes that will be offered this Fall. We'll have several free 25-minute class demonstrations offered throughout the day. Try as many as you would like.

**Course # 5745 • Free**

## **SEPT. SUPPER CLUB**

**Tuesday, Sept. 4, 5-7 p.m.**

A catered dinner and entertainment by Four Seasons Dancers. Register by 8/24

**Course# 7133 • \$16/\$20**

## **Benefits of the Senior Center Membership include:**

Discounts on Senior Programs  
Discounts on Rentals • DVD Rentals  
Eligibility to Join the Fitness Center • Early Class Registration • Drop-in Programs  
Discounts in all Rockville Adult Classes  
Eligible for Senior Garden Plots

## **ANNUAL TURKEY TROT**

**Thursday, Nov. 15 10-11:30 a.m.**

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our Senior Assistance Fund. Rain or shine.

**Course #6963 • Free**

## **RSI HOLIDAY BAZAAR**

Sponsored by Rockville Seniors, Inc.

**Saturday, Dec. 8**

**9 a.m.-2 p.m.**

Handmade crafts, Book Sale, Raffle, Bake Sale, Plant Sale & More!

Call 240-314-8800 for a vendor application.

Directions: 240-314-5019

## **HOLIDAY DELIGHT SUPPER CLUB**

**Tuesday, Dec. 11, 5-7 p.m.**

A catered dinner and entertainment.

Register by 11/29.

**Course# 7166 • \$20/\$25**